Recovery Kernel

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 1.0 · [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] A — [illegible]

*[illegible] [illegible] [illegible] [

[illegible] — MTHFR / [illegible] [illegible]

[illegible]	[illegible]	[illegible] (0-3)
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+3**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+3**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+3**	*[illegible]*
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	

MTHFR [illegible]: _____ | 0–8 [illegible] · 9–16 [illegible] · 17–24 [illegible] · 25+ [illegible]

[illegible] — COMT [illegible] ([illegible] [illegible] / [illegible] [illegible] [illegible] [illegible])

[illegible]	[illegible]	[illegible] (0-3)
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+3**	*[illegible] [illegible] [illegible]*
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+3**	*[illegible] [illegible]*
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+3**	*[illegible] [illegible] [illegible]*
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	*[illegible] [illegible]*
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	*[illegible] [illegible] [illegible]*
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	*[illegible] [illegible]*
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**+2**	*[illegible] [illegible] [illegible]*

[illegible]	**+3**	*[illegible]*
[illegible]	**+3**	*[illegible]*

COMT [illegible] — [illegible]:

☐ [illegible] — [illegible] zyada [illegible] ([illegible], [illegible], [illegible])

☐ [illegible] [illegible] — [illegible] [illegible] (caffeine, [illegible] [illegible], [illegible]-[illegible])

☐ [illegible] — [illegible], [illegible] [illegible] [illegible]

□□□□□□□ E — □□□□□2 / □□□□□□□□□ □□□□□ (□□□□□ □□□□□□ □□□ □□□□□/□□□□□□ □ISKS)

□□□□	□□□□□	□□□□□□ □□□□ (0-3)
□□□ □□□ □□□□ □□□□ □□□□□ □□ □□□□□ □□, □□□ □□□ □□□ □□□□ □□□□ - □□□□□ □□□□□ □□□ □□ □□ □□□□□ □□□□ □□□□□□ □□□	**+3**	
□□□ □□□□□ □□□□□ □□□ □□ □□□□□ □□□ □□ □□ □□□ □□ □□□□ □□□ □□ □□ □□□□ □□□□□ □□□□	**+3**	*□□□□□□□ □□□□ □□□□ □□□*
□□□□ □□ □□□□ □□□ □□□□□□□ □□□□□□□ □□ □□□□□□ □□□	**+3**	
□□□ □□□ □□□ □□□□□ □□ □□□□□ □□□ □□□ □□□□ □□□ □□□□ - □□□□, □□□□□, □□□□□□ □□□□	**+2**	
□□□□□ □□□ □□□□□□□□□□□□□□□□□□□ □□ □□□□□ □□□ □□□□ □□□ □□□□□□ □□□□□ □□□ □□□□□ □□□□□□ □□□□□□□	**+3**	
□□□□□ □□□□□□ □□□□□□□ □□□ □□□□ □□□ □□□□□ □□□□□□ □□ □□ □□□-□-□□□ □□□ □□□□ □□□□□□	**+2**	
□□□□□ □□□ □□□ □□□ □□□ □□□□□ □□□□ □□□□ □□□□ □□□□□ - □□□□ □□□□ □□ □□□□□□□ □□□□□ □□□□ □□□□□□	**+2**	
□□□ □□□□ □□□□ □□□□□ □□□□, □□□□□□□□□□□□, □□□ □□□□□□ □□ □□□□□□ □□□□□	**+3**	
□□□□-□□□□ □□□ □□□-□□□ □□□ □□□□□ □□ □□ □□	**+2**	
□□□ □□□□ □□□-□□□□□ □□ □□□□□ □□□□□ □□□□□ □□□□□□ □□□□□ □□□□□ □□□□□	**+3**	
□□□ □□□□ □□□ □□□□□ □□□□ □□□□□ □□□ '□□ □□□□□□□ □□ □□□□□ □□□□ □□□	**+2**	
□□□□□ □□□□□/□□□□□□□□ □□□ □□□□□ □□ □□□□□ □□□ □□□□□ □□□□□ □□□ □□□	**+3**	⚠ *□□□□□□ □□□□*
□□□□□ □□□ □□□□ □□□□□□□ □□□□□□□ □□□□□ □□□ □□□□□□ □□□□□ (seizure disorder) □□□ □□□□□□□□ □□□	**+2**	

⚠ **GABRA2 □□□□□□ □□□□**
□□ □□□□□ □□□□□ □□□□ □□□□□□ □□□□□□ □□□ □□ □□□□ □□□□ □□ — □□□ □□ □□□□□□ GABRA2 □□□□ 23+ □□ — □□□ □□□□□ □□□□ □□□ □□□ □□□ □□□□□□ □□□□ □□□□□□□□ □□□ □□□□□ □□□□□ □□□ □□□□□□□□□□□□□□□□ □□□□□□□ □□□ □□□ □□□□ (seizures) □□ □□□□ □□□ □□□□ □□□ □□□□ □□□ □□□□□ □□□□□ □□□□ □□□ □□ □□□□□□ □□□□□□□ □□ □□ □□□□□□□ □□□ □□□□□□ □□□□□ □□□ □□□□ □□□□ □□□□□□ □□□
GABRA2 □□□□□□ □□□□: _____ | 0–8 □□□ · 9–15 □□□□ · 16–22 □□□□ · 23+ □□□□ □□□□ — □□□□□□□□ □□□ □□□□□ □□□

□□□□□□ □□ — CYP450 □□□□ □□□□□□□ (□□□ □□□□□□□□□□□ □□□□ □□□□□□)

□□ □□□□ □□□□□ □□ □□□□□ □□□ □□□□□ □□□□□□□□□ □□□ □□□□□□□ □□□ □□□□□ □□□□□ □□ □□□□□□□ □□□ □□□□□ □□ □□□ □□□□ □□□

□	□□□□	□□ □□ □□□□ □□□□

☐	[illegible]	**CYP2D6** [illegible]
☐	[illegible]	**CYP2D6** [illegible]
☐	[illegible]	**CYP2D6** [illegible] **CYP2C19** [illegible]
☐	[illegible]	**CYP2E1 / ADH/ALDH** [illegible]
☐	[illegible]	**CYP2D6** [illegible] **CYP3A4** [illegible]
☐	[illegible]	[illegible] **CYP** [illegible] ৩3 [illegible]
☐	[illegible]	[illegible] — [illegible] [illegible]

CYP450 [illegible]: _____ [illegible] = [illegible] [illegible]

[illegible] 02 — [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible]	[illegible] [illegible]
[illegible]	1 ([illegible] [illegible]) —— 10 ([illegible])	**[]**
[illegible]	1 ([illegible] [illegible]) —— 10 ([illegible])	**[]**
[illegible] [illegible] [illegible]	1 ([illegible]) —— 10 ([illegible] [illegible])	**[]**
[illegible] [illegible] [illegible]	1 ([illegible] [illegible]) —— 10 ([illegible] [illegible])	**[]**
[illegible] [illegible] [illegible]	1 ([illegible] [illegible]) —— 10 ([illegible])	**[]**
[illegible]	1 ([illegible] [illegible] [illegible]) —— 10 ([illegible] [illegible])	**[]**
[illegible] [illegible]	1 ([illegible] [illegible]) —— 10 ([illegible])	**[]**

[illegible] [illegible] ([illegible] [illegible] [illegible] - [illegible], OTC, [illegible]upplements):

_____

_____

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? ([illegible] [illegible] [illegible] [illegible])

_____

[illegible] 03 — [illegible] [illegible] ([illegible] [illegible] [illegible])

[illegible]	[illegible] [illegible]	[illegible] [illegible]	[illegible] [illegible] [illegible]
[illegible] **— MTHFR / [illegible]**	_____ / 23	[illegible] VH	[illegible]-___
[illegible] **— COMT ([illegible]/[illegible])**	[illegible] / [illegible] / [illegible]	—	[illegible]___
[illegible] **— [illegible]2 / [illegible] [illegible]**	_____ / 34	[illegible] VH	[illegible]-__
[illegible] **— CYP450 [illegible]**	[illegible]: _____	[illegible] / [illegible] [illegible]	**CYP-__**

[illegible] [illegible] [illegible] ([illegible] [illegible] [illegible]): KRN-_____-EST

*[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible] [illegible] — [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 06, 09, 10, [illegible] 21 [illegible] [illegible] [illegible] '[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]	[illegible] [illegible]	[illegible] [illegible] [illegible] [illegible]	[illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]	MTHFR [illegible] + COMT [illegible]	[illegible] [illegible] [illegible] + [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**[illegible]06, [illegible]09, [illegible]10, [illegible]21**
[illegible] [illegible] [illegible]	MTHFR [illegible] + COMT [illegible]	[illegible] [illegible] + [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**[illegible]06, [illegible]10, [illegible]20, [illegible]21**
[illegible] [illegible] [illegible] [illegible]	COMT Worrier + GABRA2 [illegible]	[illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**[illegible]06, [illegible]10, [illegible]13, [illegible]44**
[illegible] [illegible] [illegible]	COMT [illegible] + GABRA2 [illegible]	[illegible] [illegible] [illegible] [illegible] (craving) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**[illegible]06, [illegible]20, [illegible]21, [illegible]34**
[illegible]-[illegible]	MTHFR [illegible] + GABRA2 [illegible]	[illegible]-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	**[illegible]06, [illegible]07, [illegible]09, [illegible]11, [illegible]21**
[illegible] [illegible]	CYP450 [illegible] + [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (drug-seeking) [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] — **A** [illegible]